

C & O Canal - Point of Rocks to Brunswick

I love walking and biking the C & O Canal Towpath. It is one of the best places to do either and not worry about cars. The towpath is level and mostly hard packed dirt. You just have to worry about other bikers.

If you only want to walk one way, park a vehicle at the Brunswick boat ramp and then another vehicle at the Point of Rocks boat ramp. This would be 7 miles. If you use one vehicle, round trip would be 14 miles. You can see more wildlife and birds if you are there very early in the morning. I saw a four foot black snake slithered across the towpath. I also spotted 3 deer and one fox. There were many birds. I saw 5 Cardinals, 2 Wild Turkeys, 1 Blue Heron, 3 Indigo Buntings, 1 Wood Thrush, 2 Red-bellied Woodpeckers, 1 Carolina Wren, 6 Chickadees, 2 Titmice, 1 Nuthatch, and 2 Yellow Billed Cuckoos.

